



Rowan County Health Department
1811 East Innes Street – Salisbury, NC 28146-1338

News Release

September 2012 marks the ninth annual National Preparedness Month. Preparedness is about checking your fire alarms, smoke detectors, and locks to make sure they are all working correctly. But it's also a time to prepare yourself and those in your care for a major emergency such as severe weather, like hurricanes and ice storms, terrorist attacks, and public health emergencies, like H1N1.



www.ready.gov

Ms. Barbara Ellis, Public Health Director for the Rowan County Health Department states, "Take the time now before a disaster strikes to prepare and protect those that matter to you. Preparing for an emergency takes only a few simple steps and a little bit of time."

Take small steps toward preparedness and before you know it, you will be Ready! Prepare and plan in the event you must go for three days without electricity, water service, and cannot get to a grocery store. Here are a few tips:

- **Stay Informed:** Learn what to do, before, during, and after an emergency by going to www.Ready.gov. Also, contact your Emergency Management and local health department to get information about local plans. Police, fire and rescue may not always be able to reach you quickly, such as if trees and power lines are down or if they're busy by demand from an emergency. The most important step you can take in helping your local responders is being able to take care of yourself and those in your care; the more people who are prepared, the quicker the community will recover.
- **Make a Plan:** Talk with your family to make a disaster plan. Make sure everyone in your family understands where to go and what to do in case of a disaster. You can download Family Emergency Plans at www.ready.gov/make-a-plan
- **Update Contact Information.** Having the right numbers for family, friends and neighbors will help you stay in contact during disasters. Be sure contact information is posted in your house and workplace.
- **Build a Kit:** Build a kit to use during an emergency. Items such as canned-food, bottled water, flashlight, and extra clothing are some items that should be included. For a full list of what should be included in a kit visit: <http://www.ready.gov/build-a-kit>

For more information about how to prepare in Rowan County visit the Rowan County Emergency Management Office website at: www.rowancountync.gov and then click on Emergency Services on the left hand side or call 704-216-8900. Also visit the Rowan County Health Department website at: www.rowancountync.gov/healthdepartment or call 704-216-8777 To learn more about the *Ready* Campaign and National Preparedness Month, visit www.Ready.gov or call 1-800-BE-READY, 1-888-SE-LISTO, and TTY 1-800-462-7585.